

6-2011

## 2011 June Newsletter

Nancy Rockey

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P.O. Box 1062  
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## ROCKEY'S NEW BOOK

### *Heart Connection*

is causing quite a stir and changing lives. Small groups of couples and singles have formed to begin transforming their connections to wildly alive and full of passion and God's vibrant love! Heart Connection workbook is available to download.

Go to [www.heartconnectionbook.com](http://www.heartconnectionbook.com) to read excerpts.

Get your book and workbook at:  
[www.fixablelife.com](http://www.fixablelife.com)

## EDITORS PAGE



Have you ever noticed all the signs along the road as you're traveling? Some make perfect sense and others seem to be put there just to confuse and make the rules of the road harder. For instance the sign that says, "children playing" ...in the road??? Or how about the one that says, "merge" and someone is sitting there waiting for traffic to stop so they can go.

As I was thinking about road signs, I thought about the ones that are on my road as I journey through life. Do they create harmony or confusion, understanding or upset. I realized the signs that I have had on my road were confusing and upsetting to anyone traveling with me. Mine went something like this: Right Lane Ends, No U-Turn, Potholes, Road Work Ahead, No Sitting, No Standing At Any Time, Stay Off Median, Do Not Enter, Give Way, Rough Road, No Thru Traffic, Diversion or Dead End. I began to understand why Eric and my kids have been so confused and upset over the years. I couldn't even keep up with the rules, regulations and mixed messages, how could I expect them to. I realized I had put the signs up to be in control and when others didn't obey I became upset. There's a saying that goes like this, "upset comes from unreal expectations." It is so true!!

What are the road signs you have posted on your road? Maybe it's time to put some new signs up that are more user friendly for yourself and others?

Karan

### 3 ABN INTERVIEW – WATCH IT!

On June 8<sup>th</sup>, Ron and Nancy taped an interview with Shelley Quinn at 3 ABN.

It airs on June 24<sup>th</sup> at:

8 AM, 3PM and 9PM

Watch and send in your comments or questions to

[Karan@fixablelife.com](mailto:Karan@fixablelife.com)

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# ROCKEYS PUBLISH NEW BOOK!

## *Heart Connection*

Science Reveals The Secrets of True Intimacy

The long-awaited book that can jump-start your relationships to a new and more exciting place, is now available!

ALSO—A workbook is available for small group or at-home positive growth



Cell phones, iPods, and texting, just aren't cutting it - and we live in an age when people are desperate to find intimate connection. What we need is intimacy (in-to-me-see) – human moments when hearts connect, creating the splendor that couples wish for. But how do we get there?

[Heart Connection](#) is a powerful combination of gripping true-life stories, fascinating cutting-edge research that explains why we feel and act the way we do, and practical principles and theories that can transform your relationships from messy and mundane to ones that are wildly alive and beating with human passion and God's vibrant love; the kind of sacrificial love that makes dreams come true. It doesn't mystically happen in marriage when a couple says, "I do." But it can be yours if you're willing to clean up the junk the Devil has dumped on you, so you can express and receive God's unfiltered abundant love through the tender words, meaningful touch, and adoring gaze of your lifelong partner.

*"Great ! There is nothing on the market like it. God said He would give us our heart's desire (Ps. 37:4) but not until you read and re-read Heart Connection will you truly understand how that is possible."*

*Dr. Kay Kuzma*

Available at:

[www.fixablelife.com](http://www.fixablelife.com)

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# Your Journey

## Ron & Nancy Rocky



It was written on the back of a motor home, and we had to wait until a stop light to read the whole of it, as the letters were quite small. The words rang a few bells for the three of us in the car, Ron, Audrey and me, and we chatted for at least half an hour about their additional meaning. Of course, they had been painted on the motor home as an advertisement for the manufacturer, but we weren't concerned about that, just about what the words meant to the three of us. Here they are as close to the way they were written as we can duplicate:

### LIFE IS A JOURNEY

*And only you have the map.*

### EXCEL.

We were on a journey, the three of us. And yes, we had a destination in mind and were heading in the right direction. We were on our way from our mountain home to the Albuquerque Airport. We were going there to take Audrey, our Administrative Assistant, back to the airport for her flight back to Portland, OR. She had a journey to take to, a journey homeward after helping us for a few days. And so the conversation began.

"Look at what it says on the back of that motor home – "Life is a journey. Wonder if they've been listening to *The Journey* tapes," Audrey commented.

"Oh I doubt that! I think that was painted on by the manufacturer. But it certainly has another meaning to us, doesn't it?" Ron replied.

It is true – that life is a journey. When we are a speck, already conceived by our parents, our life, our journey has already begun. Our parents, grandparents and great-grandparents have all made their contributions to what we will become, and if great-grandparents and grandmas and grandpas are still living, they will

continue to contribute to who we will become. Of course, the Bible tells us that the iniquities (immoralities, evils, injustices, vices) of the fathers are passed on to the third and fourth generation, so we know that as we are beginning our journey, we do so with one hand tied behind us, so to speak.

We would also believe that the goodness of those ancestors is also passed on to us. The positive characteristics of those who came before us are often seen in children several generations down the line. With positive and negative characteristics being passed on to us, and the experiences we have during those in-womb months and the seven character-forming years that follow, we are packing our suitcases for quite a trip through life!



The second line of what we read on the motor home – "and only you have the map" – is very interesting. It is true that we hold the map, but there are many who have made contributions to it. Ancestors, parents, childhood friends (adult and child) and all our experiences, good and bad, combine to help form our thinking, our feeling and our choices. Chromosomes (What we inherit) plus Circumstances plus Choices equal our character; that's the formula! So while you might hold the map, others have given you input as to how to get to where you're going and what your destination should be.

So let's ask the question . . . Where or what is your destination? And of course we aren't asking where you're going as you drive down a road, step onto a train, board a plane or walk up the gangplank of a ship. We are asking what your ultimate destination is. Where are you headed in life? What is your purpose? What is your dream? What are you hoping to accomplish? What's most important to you?



For years now, Ron and I have had a goal – a purpose. In our years of pastoral ministry our goal, our purpose was to introduce people to Jesus Christ, and to provide for them a caring, supportive pastoral team who would teach them the steps to an intimate relationship with Jesus, and would provide for them the tools for self-examination so that the roadblocks to that intimate relationship could be eliminated. As we look back on ministry, we see that as the ultimate purpose of our work. Now as we have left the formal pastoral ministry and have embarked on the work of helping people to recover emotionally from the wounds that the enemy has afflicted us with, we see that our purpose is still the same. It remains because it is those wounds that sabotage intimacy – with each other and with God.

So OK, we've looked at the first two lines of what was on the back of that motor home – LIFE IS A JOURNEY and -*And only you have the map.* Now let's take a look at line #3 – EXCEL. What does the word mean? Its synonyms are many: Shine, Outshine, Outclass, Surpass, Best, and Outdo. Does this mean that we should step on the heads of others on our journey up the corporate ladder? Absolutely not! If we did that, we are acting out of the selfishness of the survival brain. God would have us live from the love of the heart.

If we really want to be successful in life, if we really want to live the Golden Rule, live as God would have us live, we will shine, outshine, outclass, surpass, do our best and outdo in the love of the heart. That love is planted there as the great purpose of the heart, other than to pump life-giving blood throughout our bodies of course. We will make our choices, our decisions out of love. And guess what? The heart has much more power than the brain – 60X more output. It can be done, and we have the power of God for the doing!

So how can this be accomplished? When you have a choice to make, when you are angry about something, ask yourself – is this the most loving way to think, to feel, to behave? I have found that it even helps to put my hand over my heart, take a few deep breaths and just relax. If I don't, then I have a tendency to blow, either internally or externally. Then I suffer physically and emotionally and so do those in my wake.

When one has a disturbance with another, the loving thing to do is to talk about it, not with others, but with the one with whom you have the issue. Come to that person, be it husband or wife or a friend or . . . with a purpose to create harmony and understanding between you. Tell them I feel . . . Not I feel that . . . the latter is that an opinion is coming next. Just in a

loving way, share a feeling word and then explain why you feel as you do. That's one of the ways of living from the heart.



So what does your map look like? Have there been potholes, detours and accidents along the way of your Journey? Is it time for you to really determine your destination, your purpose, the direction in which you are headed. You can make a U-turn you know. Our GPS tells us when it thinks we are traveling the wrong road, that we should make "the next legal U-turn." There's nothing wrong with U-turns! We can make them and we should if the road we are on is taking us toward a dead-end or far afield from where we, as Christians, should be.



Work on this, and tell us about your potholes, detours or accidents and about your decision to travel the right way.

# Be Sure of Where You're Going!



Nancy Rockey

This story is really an adjunct to our article in this newsletter. It's about our trip to 3 ABN on June 7<sup>th</sup> – the day before we filmed the interview about Heart Connection.

We arrived at the St. Louis airport at 1:30 pm and headed for the Rental Cars and the car that would take us to our destination. "Do you have an idea where Franklin, Illinois is?" Ron asked the car attendant. "Yes Sir, I do, he replied and after advising directions, sent us on our way. We knew we had about a two and one half hour drive there from the St. Louis airport.

Our trip was lovely. We chatted about the lovely scenery along the way, the many fields of corn growing at various stages of development, and that we must be going a different way than we had last time, because we didn't recognize things along the way. Oh well, it was just enjoyable being together and having an "adventure."

Arriving in Franklin, we began looking for familiar landmarks to direct us to 3 ABN, but couldn't find any. Rather than feeling frustrated, we decided to ask a garage mechanic.

"Never heard of it," he replied.

"That's strange. It's a huge complex," Ron replied. "It's an international Television Station – lots of acreage."

"Not familiar to me, but let's look in the phone-book," the mechanic offered.

M.m.m. not there either. "Let me call my son and have him look on his computer," the kindly man suggested.

Moments later, the phone rang and the son said that he'd looked up 3 ABN and the facility was located in Frankfort, Illinois. Franklin, Frankfort. Well they sounded alike, but we soon found out that they weren't nearly the same place. We discovered how precise one has to be when it comes to destinations!

A two and a half hour ride back to St. Louis and a two and a half hour ride in the opposite direction from where we had gone, and by 9 pm we were at our little guest room at 3 ABN.

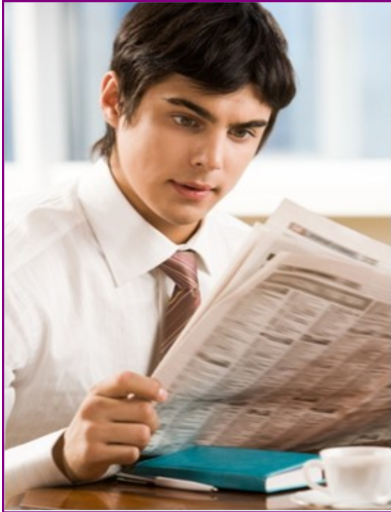
Are you sure of your destination? And are you sure how to get there. Is your map helping you on your Journey, or are you looking to the wrong advise. Remember, LIFE IS A JOURNEY, and *only you*

*have the map.* EXCEL!



## NEWSWORTHY ITEMS...

### B L O G G I N G



### Check out Nancy's new blog!!!

at [www.fixablelife.com](http://www.fixablelife.com).

Her blogs are interesting tidbits with the Heading of: "Reflections on Life"

We would love to see your comments on the blogs - add them right there where it says "Comments"

When you comment, others will too. We need your help. There's a new BLOG each week.

\_\_\_\_\_**ALSO**\_\_\_\_\_

Ron and Nancy performed a wedding of a couple who were recently married legally, but not spiritually.

The wedding was held at Sanctuary on the River in their beautiful new outdoor pavilion on a beautiful, sunny afternoon.

\_\_\_\_\_**ALSO**\_\_\_\_\_

Some places in the U.S. are having far too much rain, and flooding is occurring as a result.

Here in New Mexico, we are starving for rain, and as a result are suffering wildfires. On June 16th, there was a fire just above the Y, where several roads converge. A number of homes were completely lost.

Please pray that the Lord will send our seasonal monsoon very soon, so that our gorgeous countryside won't be devastated and our people rendered homeless!

\_\_\_\_\_**ALSO**\_\_\_\_\_

### CHECK US OUT AT FACEBOOK...

**SEARCH: FIXABLE LIFE OR  
NANCY ROCKEY**

\_\_\_\_\_**ALSO**\_\_\_\_\_

### Kardia Kare

**How to know and be known by our deepest love...You and/or you and your spouse could experience a deeper love and understanding of each other and God. Spend 5 days in an intensive workshop environment consulting one on one with Drs. Ron and Nancy Rockey.**

### SEE NEXT TWO PAGES...

**July-Full**

**August 22-26**



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*Fixable Life, Inc is a designated 501-C3 Educational Non-Profit Corporation. Our educational team offers solutions for enriching life! Using seminars, videos & written material, we offer an alternative to psychotherapy, helping individuals to take control of their thoughts, feelings and behaviors, thus enhancing careers, relationships and personal joy.*

Living  
From  
The Heart

**Fixable Life, Inc.**  
P.O. Box 1062  
Alto, NM 88312  
888-564-2046

*Trust in the LORD with all thine heart; and lean not unto thine own understanding.*

*A Deep Encounter  
With Your Soul*

**Drs. Ron & Nancy Rocky**

For over 30 years, Ron and Nancy have used experience and education to help thousands discover hope & healing. They have authored 8 books & 3 small group recovery programs.

For the past 15 years they have developed & taught life changing intensive seminars worldwide. The latest is *KardiaKare(c)* learning & understanding God's plan for heart connection with others and with Him, through intensive workshops and personal consultation.



**KardiaKare(c)** offers a five day focused experience designed to help you move from living in your head to living from your heart.

**You will experience:**

- An array of assessments that will help you to comprehend & experience head-heart relevance.
- Discover how history impacts today's relationships & decisions.
- Learn how to balance head-heart interactions.
- Let go of fears that predict a negative future.
- Identify the precursor to anger—hurt.
- Understand how emotional balance affects your physical health.
- Learn the difference between brain and heart living.
- Learn & experience the joy of true heart connection.
- Be given a Kare-Plan for at-home Heart-Centered living.

**Special Lodging Rates at  
Ruidoso River Resort & Inn**



**1 Bedroom Condo - \$80.00 per day + tax**  
**2 Bedroom Condo - \$120.00 per day + tax**  
**3 Bedroom Condo - \$160.00 per day + tax**

Check schedule, pricing & availability.

[www.KardiaKare.com](http://www.KardiaKare.com)

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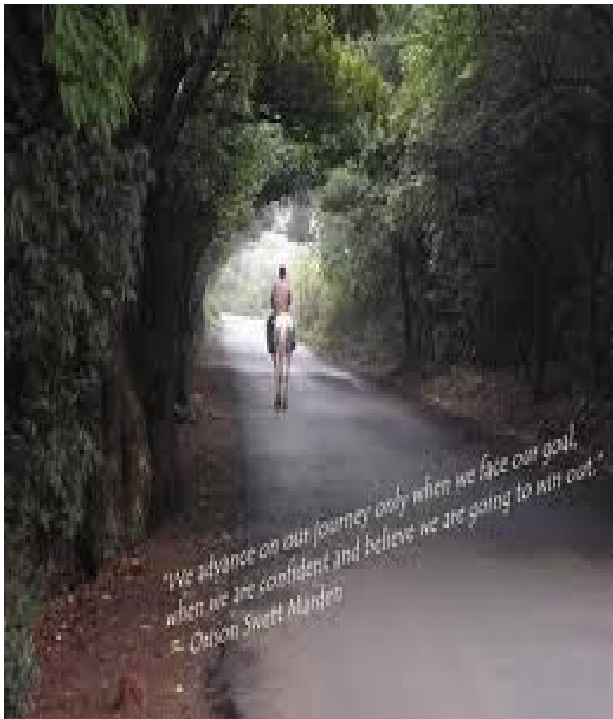
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## TESTIMONIAL

I have read the Heart Connection book and have found it to be excellent. Going to the seminar first does give the reader an advantage. I thoroughly enjoyed the seminar at . . . My daughter-in-law is also reading it and we have had some good discussions.

Thank you so much for all that you have done in the area of attachment. It is so important. Thank you too for continuing to conduct seminars.

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## **NEW CLASSES STARTING...**

*We are currently on week 3 of The Mode. We expect to be starting The Route approximately Aug 9 or 16. We meet on Tuesdays at 6:30. Contact info is Carolyn @ (360)423-3994 or email at [jwincell@yahoo.com](mailto:jwincell@yahoo.com) (needs to be labeled "The Journey" or I may delete it as spam. We have men's and women's groups.*

*We're enjoying Heart Connection :)*

## **CONTACT US ABOUT ANY GROUPS YOU MIGHT BE STARTING!!!!**

Just want to let you know I am a facilitator. My address is: Fresno, CA my telephone number is (559) 433-6896 I do not have a group at the moment but would like to help or assist someone in this area.

Emilie



## UPCOMING EVENTS

June 17-23, 27-29, 29-July 2— **Small Group Consultations**

July-August - **Local Summer Projects** ( writing, filming, prep for new deep experience—  
watch website and newsletter,) local seminars

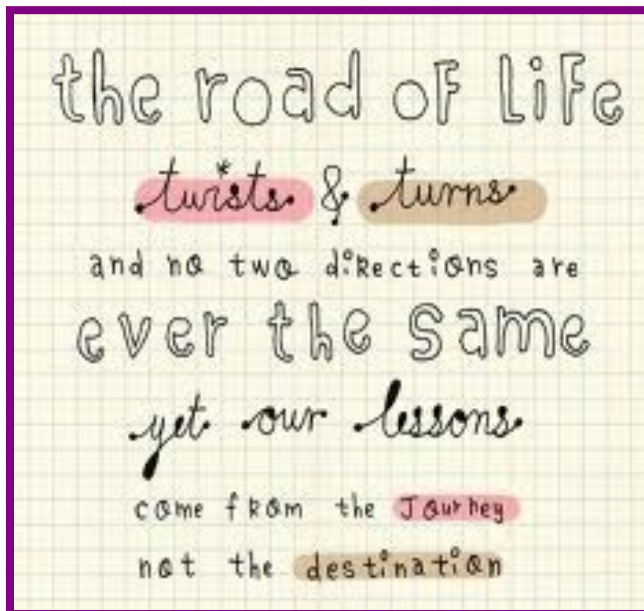
September—OPEN

October - OPEN

November - OPEN

December—OPEN

**KARDIA KARE COMING MONTHLY...DATES TO BE ANNOUNCED!!! SEE BROCHURE PGS 8-9**



**Share Your Story of recovery with us. We'll publish it, with or without your name. Send it to [karan@fixablelife.com](mailto:karan@fixablelife.com)**

### **Got Questions?**

**If you have one , no doubt someone else has the same one!**

**Ask it here and we'll be happy to answer it in the newsletter.**

**Send your questions to [karan@fixablelife.org](mailto:karan@fixablelife.org)**

## **CALLING ALL FACILITATORS**

**WE NEED TO SHARE INFORMATION to perspective students about small groups— both**  
***BINDING THE WOUNDS AND THE JOURNEY.***

**PLEASE SEND:**

- . YOUR NAME,**
- . PHONE NUMBER,**
- . CITY, STATE,**
- . TIME and DAY of Your Class,**
- . WHICH SMALL GROUP YOU'RE FACILITATING,**
- . WHICH SECTION AND WEEK YOU'RE ON.**

**We have so many people wanting to get into groups and don't have your information to benefit them.**

**PLEASE HELP OTHERS TO GET CONNECTED!**

**SEND YOUR INFORMATION TO:**

**[Rockkeys@itsfixable.com](mailto:Rockkeys@itsfixable.com)**

**THANKS FROM ALL OF US FOR ALL YOU DO!**



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

[ ] Visa/Mastercard # \_\_\_\_\_ Expiration Date \_\_\_\_\_

[ ] Check Attached # \_\_\_\_\_ Security Code: \_\_\_\_\_

**Orders over \$100 = free shipping - or - add \$6 for first item and \$2 for ea. Additional item**

Title	Qty.	Price ea.	Total	B/O
<b>BOOKS</b>				
<b>Belonging</b> - Drs Ron and Nancy Rockey		\$12.99		
<b>Bold Love</b> - Dr. Dan Allender		\$13.99		
<b>Boy Who Was Raised as a Dog</b> - Dr. Bruce Perry		\$15.95		
<b>Breaking the Cycle of Divorce</b> - John Trent		\$19.99		
<b>Changes That Heal</b> - Dr Henry Cloud		\$12.99		
<b>Changes that Heal</b> – Workbook		\$12.99		
<b>Chosen</b> - Drs Ron and Nancy Rockey		\$12.99		
<b>En Casa</b> – Belonging (Spanish edition)		\$12.99		
<b>For Men Only</b> - Shaunti and Jeff Feldhahn		\$14.99		
<b>For Parents Only</b> - Shaunti Feldhahn		\$14.99		
<b>For Women Only</b> - Shaunti Feldhahn		\$14.99		
<b>For Young Men Only</b> - Jeff Feldhahn & Eric Rice		\$13.99		
<b>For Young Women Only</b> - Shaunti Feldhahn		\$13.99		
<b>Freedom from the Grip of Fear</b> - Dr Norman Wright		\$12.99		
<b>Gift of Forgiveness</b> - Charles Stanley		\$12.99		
<b>Healing the Scars of Emotional Abuse</b> - Dr Gregory Jantz		\$12.99		
<b>Hearts Code</b> - Paul Pearsall		\$14.95		
<b>Heart Speaks</b> - Dr Guarneri		\$14.00		
<b>His Needs – Her Needs</b> - Willard E Harley		\$19.99		
<b>His Needs – Her Needs</b> (audio book CDs)		\$39.00		
<b>His Needs – Her Needs</b> (audio book Cassettes)		\$24.99		
<b>Inside Story</b> - Heartmath Institute		\$5.95		
<b>Invisible Bond</b> - Barbara Wilson		\$12.99		
<b>Lies at the Alter</b> (Paperback) - Dr. Robin Smith		\$14.99		
<b>Loving Your Child too Much</b> - Dr Tim Clinton		\$21.99		
<b>Magical Child</b> - Michael Mendizza and Joseph Clinton Pearce		\$15.00		
<b>Magical Parent – Magical Child</b> - Author same as above		\$17.95		
<b>Managing Emotions</b> - Heartmath Institute		\$9.95		
<b>New Brain</b> - Richard Restak M.D.		\$15.95		
<b>Nurturing the Unborn Child</b> - Dr Thomas Verny		\$15.95		
<b>Parenting the Heart of Your Child</b> - Diane Moore		\$13.99		
<b>Pre-Parenting – From Conception</b> - Dr. Thomas Verny		\$14.00		
<b>Sheet Music</b> - Dr Kevin Leman		\$12.99		
<b>To Be Told</b> - Dr. Dan Allender		\$13.99		
<b>To Be Told</b> – Workbook		\$11.99		
<b>Unbreakable Bonds</b> - Drs Cheryl and Paul Meier		\$16.99		
<b>Why You Do the Things You Do</b> - Dr Tim Clinton and Gary Sibcy		\$13.99		
<b>Wounded Heart</b> - Dr Dan Allender		\$16.00		
<b>Wounded Heart</b> - Workbook		\$15.99		
<b>Subtotal of Books (enter on reverse side)</b>				

	Title	Qty.	Price ea.	Total	B/O
<b>Audio/Visual - Authors Drs Ron and Nancy Rockey</b>					
	22 Week Notebook - Binding The Wounds		\$25		
	22 Week Notebook in Spanish - Binding The Wounds		\$25		
	22 Week Small Group – BTW (English) – DVD + 2 Notebooks		\$249		
	22 Week Small Group – BTW (Spanish) – DVD + 2 Notebooks		\$249		
	Binding The Wounds – CD – audio seminar		\$99		
	Binding The Wounds – DVD – video seminar		\$199		
	Connecting – CD		\$89		
	Created for Success – DVD – with 2 workbooks		\$199		
	Journey to NAI – facilitator copy		\$35		
	Journey to NAI – student copy		\$10		
<b>The Journey Small Group Recovery Program - Authors Drs Ron and Nancy Rockey</b>					
	Passenger Lesson Guide DVD		\$149		
	Passenger Notebook		\$49		
	Mode Lesson Guide DVD		\$149		
	Mode Notebook		\$49		
	Route Lesson Guide DVD		\$149		
	Route Notebook		\$49		
	Destination Lesson Guide DVD		\$149		
	Destination Notebook		\$49		
	RING BINDERS (with purchase of The Journey Notebook)		\$0		
<b>Misc.</b>					
	Macaroni Pin		\$4		
<b>Subtotal of Audio/Visual and The Journey Program</b>					
<b>Subtotal of Books (from front)</b>					
<b>TOTAL</b>					



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**We are a team, working together to provide information and materials for life improvement.**